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ABSTRACT

This course introduces the student to the goals and organization of the cosmetology program, and includes aspects of hygiene, ethics, bacteriology, law, and safety rules. Course content includes goals, specific objectives, orientation, shampooing and rinses, finger-waving, pin curling, and roller curls. A brief bibliography and 30 pages of post-test samples are appended. (NH)

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AUTHORIZED COURSE OF INSTRUCTION FOR THE QUINMESTER PROGRAM

V-141

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Course Outline
COSMETOLOGY 1 - 9205
(Cosmetology - A Profitable Career for Men and Women)
Department 48 - Quin 9205.01

DADE COUNTY PUBLIC SCHOOLS
DIVISION OF INSTRUCTION-1973

D A D E C O U N T Y P U B L I C S C H O O L S

1 4 5 0 N O R T H E A S T S E C O N D A V E N U E

M I A M I, F L O R I D A 33132

Course Outline

COSMETOLOGY 1 - 9205

(Cosmetology - A Profitable Career for Men and Women)

Department 48 - Quin 9205.01

county office of

VOCATIONAL AND ADULT EDUCATION

THE SCHOOL BOARD OF DADE COUNTY

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Dr. Ben Sheppard

Dr. E. L. Whigham, Superintendent of Schools
Dade County Public Schools
Miami, Florida 33132

June, 1973

Published by the School Board of Dade County

Course Description

9205	48	9205.01	Cosmetology - A Profitable Career for Men and Women
State Category Number	County Dept. Number	County Course Number	Course Title

This course introduces the cosmetology student to the goals and organization of the cosmetology program. The student will acquire knowledge of hygiene, ethics, bacteriology, law and safety rules. Manipulative skills and related technology of shampooing will be utilized. The student will learn the proper manipulations of fingerwaving as well as acquire skill in constructing pin curls. With practice the introduced techniques will continually improve. This is a three quinmester credit course.

Clock Hours 735

PREFACE

The following course outline has been prepared for Quinmester use as a guide to help prepare the student to become proficient in the skills required to become a cosmetologist.

The contents of the course is designed to provided the student with the related technology, manipulative skills, and the development of attitudes towards the practice of cosmetology.

The course prepares the student to pass the Florida State Board of Cosmetology examination, which then entitles the student to a Florida Cosmetology license, which enables the student to become successfully employed as a cosmetologist.

The course of study will be covered in nine quins which are sequential for a total of thirteen hundred and five hours.

The first quinmester course is presented to the student in 135 hours of classroom-laboratory instruction which is covered in six blocks and further broken down into a number of units.

Upon completion of this quin, the student will have an understanding of the philosophy of cosmetology education along with the goals and organization of the cosmetology training program.

The student will develop good workmanship habits and demonstrate the orderly performance of the various tasks required in a beauty salon.

The first quinmester course includes school policies, safety, orientation of Florida Cosmetology Law, sanitation, sterilization, good grooming and personality development.

The student will develop the basic skills required for shampooing, fingerwaving, and pin curling on a mannequin or another student acting as a model.

In presenting the material outlined in this course, the instructor uses both the lecture and demonstration method of instruction, with active participation and practice by the students. Basic skills are developed by the student in the school laboratory through planned practice on other students and mannequins.

The bibliography which appears on the last pages of the outline lists the basic textbooks and other supplementary references used throughout the course by the instructor and student.

The books are available to the student through the cosmetology library in each school.

This outline was developed through the cooperative efforts of the instructional and supervisory personnel, the Quinmester Advisory Committee, and the Vocational Curriculum Materials Service, and has been approved by the Dade County Vocational Curriculum Committee.

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with Suggested Hourly Breakdown

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BLOCK

I. ORIENTATION (30 Hours)

Introduction to the Program	1
Objectives and Goals of the Course	1
School and Laboratory Policies and Rules	1
Student's Role in Program	1
Florida Cosmetology Board	1
Laboratory Equipment and Materials	2
Work and Safety Precautions	2
Shop Duties of Student	2
Charm and Poise	2
Hygiene-Personal and Public	4
Sterilization and Sanitation	4

II. SHAMPOOING AND RINSES (10 Hours)

Plain Shampoo	5
Oil Shampoo	5
Liquid Dry Shampoo	6
Special Shampoo	6
Special Rinses	6

III. FINGERWAVING (30 Hours)

Fingerwave Construction	6
Preparation of Hair	7
Hair Partings	7

IV. PIN CURLING (40 Hours)

Pin Curl Construction	7
Bases	7
Stems	7
Circles	8
Curl Direction	8
Pin Curling Techniques	8
Ridge Curls	8
Cascade Curls	8

V. ROLLER CURLS (20 Hours)

Bases	8
Roller Curl Stems	8
Roller Placement	8
Use of Rollers	9
Basic Setting Patterns	9
Comb-outs	9

VI. QUINTESTER POST TESTS (5 Hours)

APPENDIX: QUINTESTER POST TEST SAMPLES 11

GOALS

The cosmetology student must be able to:

1. Demonstrate enthusiasm, pride and self-assurance in all phases of the program.

2. Exhibit the ability to develop skill in the performance of the manipulative techniques, required in the practice of cosmetology.

3. Discuss the rules and regulations pertaining to school, laboratory and the Florida State Board of Cosmetology.

4. Acquire the knowledge of the importance of a neat, clean appearance, a courteous manner, and clear effective communication with students and patrons.

5. Practice safety precautions to be observed in the laboratory.

6. Demonstrate the ability to effectively develop skill in the performance of the manipulative techniques required in shampooing normal and problem types of hair along with the theory in relation to shampoo.

7. Develop the proper manipulations for fingerwaving and to acquire skill in the use of mechanical aids.

8. Acquire the skill to construct a pin curl and to develop the manipulative technique to set hair with rollers.

SPECIFIC BLOCK OBJECTIVES

BLOCK I - ORIENTATION

The student must be able to:

1. State orally what is expected of him as a student in the cosmetology program concerning rules and regulations of school, lab and the Florida State Board.
2. Explain through written tests the objectives and goals of the cosmetology program.
3. Discuss the student's role in cosmetology.
4. Demonstrate through daily practice the ability to develop self confidence with charm and poise, and to develop a pleasing personality.
5. List through written tests the safety precautions observed in the laboratory, pertaining to the equipment and materials that are used.
6. Demonstrate by performance the techniques used for sanitizing the laboratory equipment and personal implements used on patrons.
7. Demonstrate the technique that is used for performing on a mannequin.

BLOCK II - SHAMPOO AND RINSES

The student must be able to:

1. List the different kinds of shampoos that are used professionally for the various types of hair.
2. State orally the chemical composition of each shampoo that is issued.
3. Demonstrate on a model the entire shampoo procedure.
4. List through written tests and demonstrations the safety precautions that are required in shampooing.
5. Define through written tests the composition of the various types of rinses and their use.
6. Demonstrate on a model how rinses are used on the hair and the effects of each rinse on the different types of hair.

BLOCK III - FINGERWAVING

The student must be able to:

1. Define through written tests the difference between fingerwaving and molding
2. Demonstrate on a model or a mannequin the proper manipulation of the fingers and comb in performing a fingerwave.
3. Demonstrate on a model or a mannequin the different types of pin curls, stem directions and bases that are used in the construction of a pin curl.
4. Construct on a mannequin or a model a fingerwave and pin curl pattern to be used in a style.
5. Demonstrate the understanding of the importance of pin curling in the creation of present day hairstyles.

6. Demonstrate on a model or a mannequin the ability to comb out the various style sets.
7. Exhibit the ability to demonstrate on a model or a mannequin the use of rollers in setting hair and to comb-out the set.

BLOCK IV - PIN CURLING

The student must be able to:

1. Define through written tests the base, stem and circle of a pin curl.
2. Demonstrate on a model or a mannequin the different types of pin curls, stem directions and types of bases that are used in construction of a pin curl.
3. Construct on a mannequin or a model a pin curl pattern to be determined by a particular style.
4. State orally the purpose of the various pin curling techniques that are used in hair styling.
5. Demonstrate on a mannequin or a model the difference between a ridge curl and a skip wave.
6. Construct on a model or a mannequin cascade pin curls to be used in a particular hair style.

BLOCK V - ROLLER CURLS

The student must be able to:

1. Define through written tests the theory of roller setting the hair.
2. Produce on a mannequin or a model the various bases used in roller set.
3. Demonstrate on a mannequin or a model the placement of the rollers to be used to set hair.
4. Complete satisfactorily on a model or mannequin the pattern sets thatare considered to be classic sets.
5. Demonstrate on a mannequin the technique of back-combing the hair to produce the various styles.

BLOCK VI - QUINMESTER POST TEST

The student will be able to:

1. Satisfactorily complete the quinmester post test.

Course Outline

COSMETOLOGY I - 9205
(A Profitable Career for Men and Women)

Department 48 - Quin 9205.01

I. ORIENTATION

A. Introduction to the Program
   1. Definition of cosmetology
   2. History of cosmetology
   3. Job employment opportunities

B. Objectives and Goals of the Course
   1. Organization of program
   2. Method of instruction
      a. Lecture
      b. Demonstration
      c. Audio visual aides
      d. Information sheets
      e. Job sheets
      f. Textbooks
   3. Method of evaluation
      a. Written tests
      b. Oral questions
      c. Observing student job performance
      d. Manipulative skills

C. School and Laboratory Policies and Rules
   1. Appropriate dress
   2. Care of laboratory
   3. Care of personal tools
   4. Absenteeism
   5. Make up hours lost
   6. Grades needed to continue
   7. Probation period

D. Student's Role in Program
   1. Methods of learning
      a. Good study habits
      b. Use of library and textbooks
      c. Repetition of manipulative skills
   2. Personal appearance
      a. Uniform
      b. Jewelry
      c. Shoes
      d. Make-up
      e. Cleanliness

E. Florida State Board of Cosmetology
   1. Organization
      a. Members
      b. Duties

c. Requirements
d. Fees
e. Permits
2. Licensing
3. Examination

F. Laboratory Equipment and Materials
1. Laboratory equipment
a. Use
b. Care
c. Expense
d. Maintenance
e. Sanitation
2. Student implements
a. Use
b. Care
c. Expense
d. Maintenance
e. Sanitation
f. Distribution

G. Work and Safety Precautions
1. Fire drills
2. Emergencies
3. laboratory care
4. Equipment
5. Patron's protection
6. Personal protection
7. Hair dryers
8. Sharp instruments
9. Chemical solutions
10. Electrical equipment
11. Floors
12. Glass articles

H. Shop Duties of Students
1. Dispensary
2. Manicure tables
3. Sinks
4. Student locker room
5. Floors
6. Receptionist
7. Dryers and chairs
8. Facial room
9. Shop manager

I. Charm and Poise
1. Health
a. Maintaining good health
(1) Diet
(2) Rest
(3) Exercise
(4) Medical examination
(5) Dental examination
(6) Eye examination
(7) Cleanliness

b. Endangering good health
(1) Alcohol
(2) Drugs
(3) Tobacco
(4) Lack of sleep

2. Good grooming
a. Hair care
b. Skin care
c. Hand and feet care
d. Bathing
e. Teeth care
f. Body odor
g. Clothes

3. Effects of poor health
a. Appearance
(1) Tired look
(2) Poor complexion
(3) Ring under eyes
(4) Dull eyes
(5) Dull hair
b. Behavior
(1) Unhappy
(2) Irritable
(3) Acts dejected
c. Job efficiency
(1) Poor quality work
(2) Lack of job performance
(3) Unsteady hours

4. Personality
a. Attitude
(1) Towards instructor
(2) Towards other students
(3) Towards patrons
(4) Towards work
b. Desirable habits
(1) Friendliness
(2) Punctuality
(3) Cooperativeness
(4) Enthusiasm
(5) Dependability
(6) Sincerity
(7) Courteousness
(8) Cheerfulness
(9) Politeness
(10) Tactfulness
c. Undesirable habits
(1) Bashfulness
(2) Carelessness
(3) Impatience
(4) Bluntness
(5) Slovenliness
(6) Sarcasm

5. Voice and conversation
   a. Voice inflection
   b. Word choice
   c. Enunciation
   d. Conversational topics
   e. Courteous listening

J. Hygiene - Personal and Public
1. Definitions
   a. Personal hygiene
   b. Public hygiene
   c. Ethics
   d. Personality
   e. Poise
   f. Charm
2. Types of bacteria
   a. Pathogenic
   b. Non-pathogenic
3. Growth and reproduction of bacteria
4. Vegetation
5. Spore-forming bacteria
6. Movement of bacteria
7. Immunity
8. Human disease carriers

K. Sterilization and Sanitation
1. Definition of sterilization
2. Methods of sterilization
   a. Dry heat
   b. Moist heat
   c. Ultraviolet rays
   d. Antiseptic and disinfectants
   e. Vapors
3. Purpose of sterilizers
4. Chemical sterilizing agents
   a. Quaternary ammonium compound
   b. Formalin
   c. Alcohol
   d. Phenol
   e. Mercury bicloride
5. Antiseptic
   a. Uses
   b. Strengths
   c. Advantages
   d. Disadvantages
   e. Safety precautions
6. Chemicals to prevent rust
7. Table of equivalence
8. Definition of words pertaining to sterilization
   a. Sterile
   b. Antiseptic
   c. Germicide
   d. Bactericide
   e. Disinfectant
   f. Asepsis

g. Sepsis
h. Fumigant
i. Sanitize
j. Vapor
k. Formaldehyde

9. Sanitary measures
   a. Ventilation
   b. Walls and floors
   c. Stations
   d. Waste baskets
   e. Rest rooms
   f. Towels
   g. Student kits
   h. Lockers
   i. Equipment
10. Formulas for wet sterilizers

II. SHAMPOOING AND RINSES

A. Plain Shampoo
   1. Preparation of the patron
      a. Protect patron from water spray
      b. Protect patron from shampoo in eyes and ears
   2. Selection of correct shampoo
   3. Safety precautions
   4. Chemical analysis of water
      a. Hard water and its effect on hair
      b. Soft water and its effect on hair
      c. Chemical test of water
   5. Shampoo procedure
      a. Preparing the model
      b. Brushing hair and examining scalp
      c. Placing model at shampoo bowl
      d. Testing water and wetting hair
      e. Applying shampoo
      f. Manipulating hands for maximum cleansing
      g. Rinsing hair thoroughly
      h. Towel-drying and combing hair
      i. Cleaning up bowl and shampoo area

B. Oil Shampoo
   1. Purpose
      a. Dandruff
      b. Dry hair
      c. Dry scalp
      d. Prevention and treatment for damaged hair
   2. Restricted
      a. Before a cold wave
      b. Before a hair relaxing treatment
   3. Application of oil
   4. Massage movements
   5. Correct temperature of water
   6. Work and safety precautions
      a. Patron
      b. Operator
   7. Chemistry of oil shampoos

C. Liquid Dry Shampoo
   1. Uses
      a. Patron
      b. Hairpieces
   2. Liquid dry cleaners
      a. Carbon tetrachoride
      b. Renuzit
      c. Commercial dry-cleaning fluid
   3. Safety precautions
   4. Protection of patron
      a. Eyes
      b. Skin
      c. Clothes
   5. Disadvantages

D. Special Shampoos
   1. Chemical composition of shampoos
   2. Types of hair which need special shampoos
   3. Types of shampoo
      a. Cream
      b. Egg
      c. Peroxide
      d. Non-strip
      e. Conditioning
      f. Protein
      g. Dandruff
      h. Soapless oil

E. Special Rinses
   1. Purpose
   2. Selection of correct rinse
   3. Creme rinse
      a. Uses
      b. Effects
   4. Blueing rinse
      a. Uses
      b. Effects
   5. Acidic rinse
   6. Lemon rinse
   7. Medicated rinse
   8. Conditioning rinse
   9. Color rinse
   10. Difference between conditioning and color rinse
   11. Preparation of rinse solution
   12. Application of rinse

III. FINGERWAVING

A. Fingerwaving Construction
   1. Advantages
   2. Analysis of waving lotion
   3. Determination of hair type

4. Definitions
   a. Molding
   b. Fingerwaving
   c. Ridge
   d. Arc
5. Use of tools and implements
6. Types of waves
   a. Left-going wave
   b. Right-going wave
7. Kinds of arcs
   a. Regular
   b. Pivot
   c. Circular

B. Preparation of Hair
   1. Wetting of hair
   2. Use of waving lotion
   3. Use of comb and correct finger manipulations
      a. Arc and ridge
      b. Formation of the wave
      c. Width of the wave

C. Hair Partings
   1. Side wave
   2. Center part wave
   3. No part wave

IV. PIN CURLING

A. Pin Curl Construction
   1. Types of pin curls
      a. Sculpture
      b. Cascade
      c. Ridge
      d. Skip-wave
   2. Purpose of each curl

B. Bases of Pin Curls
   1. Definition of a base
   2. Four kinds of bases
      a. Square
      b. Triangle
      c. Oblong or rectangle
      d. Arc or half moon
   3. Purpose of each base

C. Stems of Pin Curls
   1. Definition
   2. Types
      a. No stem
      b. Half stem
      c. Full stem
   3. Purpose for different stems

D. Circles of a Pin Curls
   1. Definition of a circle
   2. Classification of circles
      a. Open center
      b. Closed center

E. Curl Direction in Relation to the Face
   1. Forward direction
   2. Reverse direction
   3. Pin curl movement
      a. Clockwise curl
      b. Counterclockwise curl

F. Pin Curling Techniques
   1. Method of forming curls
      a. Hair ends on the inside of the curl
      b. Hair ends on the outside of the curl
   2. Purpose of formation
      a. Ends to the scalp
      b. Scalp to the ends

G. Ridge curls
   1. Definition of ridge curl
   2. Purpose of ridge curl
   3. When used

H. Cascade Curls
   1. Definition of cascade curl
   2. Purpose of curl
   3. Effects achieved

V. ROLLER CURLS

A. Bases
   1. Three types of bases
      a. Full base
      b. Half base
      c. Extended base
   2. Purpose of each type of base
   3. Effects of each type of base

B. Roller Curl Stems
   1. Three types of stem
      a. No stem
      b. Half stem
      c. Full stem
   2. Purpose of each stem
   3. Effects of each type of stem

C. Roller Placement
   1. Placement of curlers
      a. Forward
      b. Vertical

c. Reverse
d. Horizontal

2. Technique in handling rollers and clips
3. Clip placement

D. Use of Rollers
1. Sectioning the hair for roller curls
2. Placement of hair on the roller

E. Basic Setting Patterns
1. Bubble
2. Side part bubble
3. Short flip
4. Long flip

F. Comb-outs
1. Removing clips
2. Brushing hair
3. With backcombing
4. Without backcombing
5. Combing
a. Damp hair
b. New permanent
c. Perspiring patron
d. Fine, limp hair

VI. QUINMESTER POST TEST

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A P P E N D I X

Quinmester Post Test Samples

Quinmester Post Test

Name _____ Date _____ Score _____

Cosmetology-A Profitable Career for Men and Women

Ethics - Hygiene and Personality Development

Ethics deals with the proper conduct and business dealings of cosmetologists in relation to their employer, patrons and co-workers. Can you tell the difference between good and poor ethics on the job?

Check off each statement as being either good or poor ethics.

	Good Ethics	Poor Ethics
1. Having a good reputation.	_____	_____
2. Upholding the state cosmetology law.	_____	_____
3. Loyal to employer, manager, school and co-workers.	_____	_____
4. Believe in the cosmetology profession.	_____	_____
5. Give preference to friends and family.	_____	_____

A professional attitude towards patrons contribute to a successful career in cosmetology.

Check off these statements which denote a professional attitude.

	Yes	No
6. Greet each patron by name.	_____	_____
7. Talk in a good loud voice.	_____	_____
8. Ignore the patron's needs.	_____	_____
9. Use tact when suggesting other services to your patron.	_____	_____
10. Do not gossip.	_____	_____

11. Circle each letter which would denote a pleasing personality.

a. Graciousness

b. Wholesome thoughts

c. Thoughts about illness

d. Politeness

e. Sense of humor

12. Circle each letter which denotes a pleasing conversation with a patron.

a. Books and music

b. Gossip

c. Your own problems

d. Politics

e. Religion

f. Fashions

g. Patron's cosmetic needs

13. The simplest means of assuring cleanliness of the body is with daily _____.

14. The hands should always be washed _____ giving any treatment.

15. The science dealing with the preservation of health is called _____ _____.

16. To be able to work in a beauty salon, a cosmetologist must be free from a _____ disease.

17. One of the principal causes of poor hygiene is _____.

18. A _____ _____ diet is one of the basic rules of good health.

19. The practice of _____ hygiene is important because it preserves the health of the individual.

20. The air in the beauty shop should be well _____.

21. Good ethics builds confidence and increases patronage in the beauty salon. List five rules of ethics that the individual cosmetologist should live up to. Do not use any listed in this test.

a. _____

b. _____

c. _____

d. _____

e. _____

22. Why should the cosmetologist comply with the Florida State Cosmetology Law?

_____

_____

_____

_____

23. The cosmetologist's care of personal appearance is the best advertisement to a patron.

Name five important details which make for a clean, neat, personal appearance.

a. _____

b. _____

c. _____

d. _____

e. _____

24. Define personality.

_____

_____

_____

25. For a good standing position, when working, the cosmetologist should keep the head _____; chin _____; chest _____; shoulders relaxed and lower abdomen _____.

Quinmester Post Test

Name _____ Date _____ Score _____

Cosmetology-A Profitable Career for Men and Women

Definitions of Hygiene, Sterilization and Bacteriology.

Define the following words with a short answer.

1. Hygiene

2. Deodorant

3. Sanitation

4. Nutrition

5. Sterilization

6. Infection

7. Antiseptic

8. Phenol

9. Immunity

10. Styptic

11. Formaldehyde

12. Germ

13. Sepsis

14. Public hygiene

15. Disease carrier

16. Virus

17. Spore

18. Toxin

19. Quats

20. Fumigant

Quinmester Post Test

Name _____ Date _____ Score _____

Cosmetology-A Profitable Career for Men and Women

Bacteriology

Complete the following sentences with the correct word or group of words in the spaces provided.

1. Bacteriology is that science which deals with the study of the micro-organisms called _____.

2. Bacteria is also known as _____ or _____.

3. Bacteria is identified under the microscope by means of their distinctive form or shape.

   What is the shape of the following bacteria:

   a. Cocci _____

   b. Bacilli _____

   c. Spirilla _____

   d. Staphylococci _____

   e. Ptococci _____

4. Match the following definitions that appear below. Insert the correct term in front of each definition.

   a. _____ Hair like projections

   b. _____ Disease producer

   c. _____ Resists unfavorable conditions

   d. _____ Grows in chain

   e. _____ Beneficial

Streptococci
Non-Pathogenic
Cilia
Spore
Pathogenic

5. Bacteria is classified into two types, depending on their beneficial or disease producing qualities.

   a. Beneficial are also called _____

   b. Harmful are called _____

6. Which type of bacteria make the practice of sterilization necessary?

   _____

7. Every contagious disease is caused by a particular kind of germ coming from an object or someone having that disease.

   Through which four routes can bacteria enter the body?

   a. _____

   b. _____

   c. _____

   d. _____

8. _____ is the ability of the body to resist invasion and destroy bacteria once they have gained entrance.

9. Natural resistance to disease is called _____ immunity.

10. Name two common pus-forming bacteria.

    a. _____

    b. _____

Quinmester Post Test

Name _____ Date _____ Score _____

Cosmetology-A Profitable Career for Men and Women

Bacteriology

Place the corresponding letter from Column II in the space provided for in Column I.

Column I		Column II
1. _____	Bacteria	a. rod shape
2. _____	Pathogenic	b. **infection**
3. _____	Cocci	c. Corkscrew shape
4. _____	Bacilli	d. Vegetable origin
5. _____	Spirilla	e. Immunity
6. _____	Spore-forming bacteria	f. Blood poisoning
7. _____	Sepsis	g. Harmful
8. _____	Resistance to disease	h. Poison
9. _____	General infection	i. Round shape
10. _____	**Invasion of pathogenic bacteria**	j. Lock-jaw
		k. Strentococci

True or False

11. _____ Bacteria is one-celled micro-organisms of vegetable origin.

12. _____ Bacteria live and grow best in warm, damp places.

13. _____ Bacilli are rod-shaped bacteria.

14. _____ Bacteria reproduce by dividing in thirds forming three daughter cells.

15. _____ Strepyococci are pus-forming bacteria which grow in chains.

16. _____ Spore-forming bacteria are found in such a disease as alopecia areata.

17. _____ Sepsis is poisoning due to non-pathogenic bacteria.

18. _____ A boil is an example of a non-pathogenic bacteria.

19. _____ Streptococci are found in blood poisoning.

20. _____ Resistance to disease is known as unsterilized.

Quinmester Post Test

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Cosmetology-A Profitable Career for Men and Women

Sterilization and Sanitation

Complete the following statements with the correct word or group of words.

1. State Boards of Cosmetology recognize that it is impossible to completely sterilize implements and equipment in the beauty school or salon. Therefore, it is generally recognized that implements and equipment are _____ not sterilized.

2. Give the terms that are used in the text for the following:

   a. _____ for sterilizing

   b. _____ for sterilizer

3. Name five well known methods of sterilization.

   a. _____

   b. _____

   c. _____

   d. _____

   e. _____

4. What effect does an antiseptic have on bacteria? _____

   _____

5. What effect does an disinfectant have on bacteria? _____

   _____

6. List four common chemicals used in the beauty salon, and the use of each chemical.

   a. _____

   b. _____

   c. _____

   d. _____

7. List four advantages for using a quaternary ammonium compound as a disinfectant.

   a. _____

   b. _____

   c. _____

   d. _____

8. To prevent implements from rusting while being sanitized add _____% of _____ _____ to the solution.

9. When preparing a 1:1000 strength solution of a quaternary ammonium compound, use the following table:

   a. 10% active ingredient, add _____ oz. "quats" solution to 1 gallon water.
   b. 12 1/2% active ingredient, add _____ oz. "quats" solution to 1 gallon water.
   c. 15% active ingredient, add _____ oz. "quats" solution to 1 gallon water.

10. Formalin is approximately _____ to _____% _____ gas.

11. Complete the following table of equivalents:

   a. 60 drops _____ _____ teaspoonful

   b. 8 teaspoonfuls _____ _____ ounces

   c. Measured glass _____ _____ ounces

   d. One pint _____ _____ ounces

   e. One quart _____ _____ ounces

   f. Half gallon _____ _____ ounces

12. Fill in the blanks below; definitions pertaining to sanitation.

   a. _____ to render objects clean and sanitary

   b. _____ a chemical agent, destroys bacteria

   c. _____ free from all germs

   d. _____ vapor, used to keep clean objects sanitary

13. Define sterilization.

14. What is a sanitary way to remove cosmetic creams from their containers?

15. List ten sanitary rules that the cosmetologist is expected to adher to in a school of cosmetology or a beauty salon.

a. _____

b. _____

c. _____

d. _____

e. _____

f. _____

g. _____

h. _____

i. _____

j. _____

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Cosmetology-A Profitable Career for Men and Women

Sterilization and Sanitation

True or False

1. _____ Moist heat sanitation is baking the implements in an oven.
2. _____ Sharp metallic instruments may be sterilized with 70% alcohol.
3. _____ A wet sanitizer is a covered receptacle containing a disinfectant solution.
4. _____ A dry sterilizer is most effective when it contains an active fumigant.
5. _____ Keep clean towels on a nearby shelf.
6. _____ Powdered alum is a styptic used to stop minor bleeding.
7. _____ Any article which cannot withstand heat may be sanitized with boric acid solution.
8. _____ To be effective, a dry sanitizer must contain a disinfectant solution.
9. _____ Never remove creams from jars with tips of fingers.
10. _____ Formalin is commonly used as a cleansing agent.

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Cosmetology-A Profitable Career for Men and Women

Shampoos and Rinses

1. The principle aim of a shampoo is to _____ the hair and scalp.

2. There are two types of water, soft water and hard water, which is found in various parts of the country.

   Which type of water is best for soap shampoo? _____

3. Name three methods that are suitable to soften water.

   a. _____

   b. _____

   c. _____

4. List five conditions of the hair that would not be considered as normal hair.

   a. _____

   b. _____

   c. _____

   d. _____

   e. _____

5. When giving a shampoo always turn on the _____ (hot or cold) water first.

6. The hair must be brushed prior to giving a shampoo; list three safety measures concerning hair brushing.

   a. _____

   b. _____

   c. _____

7. List three safety measures concerning the use of the shampoo spray.

   a. _____

   b. _____

   c. _____

8. When shampooing lightened hair, what temperature should the water be?

   _____

9. When giving a shampoo do not permit:

   a. the shampoo to get into the patron's _____ .

   b. the fingernails to _____ the patron's scalp.

   c. the water to remain on the _____ around the shampoo bowl.

   d. the shampoo cape to come in contact with the patron's _____.

10. Always towel blot excess moisture from the patron's hair before _____ _____ the shampoo bowl.

11. When giving a shampoo to lightened hair always use a shampoo _____ in alkalinity.

12. When shampooing lightened hair, always work with the hands _____ the hair.

13. By combining an _____ with an oil or fat, shampoo soaps are formed.

14. List four oils of the vegetable origin that may be used to form shampoo.

   a. _____

   b. _____

   c. _____

   d. _____ _____

15. Name two fats that may be used to form shampoos.

   a. _____

   b. _____

16. A plain shampoo may be used on _____ hair that is in good condition.

17. What kind of a shampoo is best for a patron who is prevented by illness from having a regular shampoo? _____

18. Acid rinses remove or dissolve soap residue, leaving the hair soft and easy to manage.

    Name three kinds of acid rinses:

    a. _____

    b. _____

    c. _____

19. Color rinses last from one _____ to the next shampoo.

20. A _____ rinse produces a silvery grey cast in yellowish hair.

21. A vinegar or lemon rinse produces an _____ reaction.

22. Which acid rinse has a slight lightening action on the hair? _____

    _____

23. Is a final plain water rinse required after an acid rinse? _____

Quinmester Post Test

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Cosmetology-A Profitable Career for Men and Women

Basic Fingerwaving Construction

1. What is a fingerwave? _____

_____

_____

2. How is the waving lotion applied to the hair prior to a fingerwave?

_____

3. Before giving a fingerwave to the hair always locate the _____ wave line.

4. The _____ finger is used as a ruler to guide the direction of the hair when making a ridge.

5. For a side part, start fingerwaving on the _____ side of the hair.

6. When making a fingerwave do not coax or direct the hair into very high _____.

7. The hair should be manipulated with the fingers and comb when fingerwaving instead of relying on _____ aids.

8. Fingerwaving is the foundation of _____.

9. What is the difference between a molding and a fingerwaving?

10. What is another name that is used for molding? _____

Quinmester Post Test

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Cosmetology-A Profitable Career for Men and Women

Basic Hairstyling - PIN CURLINGG

1. When removing tangles from the hair after a shampoo, always begin to comb out the tangles from the _____ area with the _____ teeth of the comb.
2. Making clean partings is essential in hairstyling. Begin by combing the hair _____ back from the forehead.
3. Pin curls are constructed of three principal parts:
   a. _____
   b. _____
   c. _____
4. The _____ is that part of the pin curl, which gives direction, action, and mobility.
5. The _____ is the stationary or immovable foundation of the curl, which is attached to the scalp.
6. The _____ is that part of the pin curl forming a complete circle.
7. Curl mobility is classified as _____ stem, _____ stem and _____ stem.
8. A pin curl has two kinds of circles, a _____ center and an _____ center.
9. To obtain an even, smooth wave and a uniform end curl, the _____ center curl is recommended.
10. Curl and stem direction in relation to the face is spoken of as:
    a. _____ movement - towards the face
    b. _____ movement - away from the face

11. Curls formed in the same direction as the movement of the hands of the clock are known as _____ curls.

12. Curls formed in the opposite direction to the movement of the hands of the clock are known as _____ curls.

13. Define the following as referred to in hairstyling.

a. Shaping

b. Side Shaping

c. Top Shaping

d. Diagonal Shaping

e. Reverse Vertical Shaping

f. Horizontal Shaping

14. The most commonly shaped bases in use when styling are:

a. _____

b. _____

c. _____

d. _____

15. Along the front or facial hairline, it is advisable to use a _____ _____ base pin curl to prevent breaks or splits.

16. Within a molding or a "C" shaping always start to form pin curls at the _____(open/closed) end.

17. To anchor the pin curl correctly, gently slide the clip or clippie through part of the _____ and/or stem at an angle and across the ends of the _____.

18. To avoid indentations or impressions it is advisable not to pin across the _____ of the entire curl.

19. The size of clips used should be governed by the size of the _____.

20. Define the following:

a. Ridge Curl

b. Skip Wave

c. Extended Stem Pin Curl

d. Cascade or Stand-up Curl

e. Roller Curls

f. Barrel Curls

21. The spot or area from which the hair is directed to form a circular movement is referred to as _____ _____.

22. The size of rollers to be used on curved or straight lines is governed by the _____ of the hair.

23. Combing out a style, requires a system or plan and a procedure to follow. Give the recommended steps to a comb-out.

a. _____

b. _____

c. _____

d. _____

Quinmester Post Test Answer Sheet

Cosmetology-A Profitable Career for Men and Women

Ethics - Hygiene and Personality Development

1. Good ethics
2. Good ethics
3. Good ethics
4. Good ethics
5. Poor ethics
6. Yes
7. No
8. No.
9. Yes
10. Yes
11. a - b - d - e
12. a - f - g
13. Baths
14. Before
15. Hygiene
16. Contagious
17. Uncleanliness
18. Well balanced
19. Personal
20. Circulated
21. Any of the following:
    a. give courteous service to all
    b. treat all patrons honestly
    c. keep your word
    d. comply with school and salon rules
    e. practice sanitation rules
    f. obey cosmetology laws
22. The cosmetologist is contributing to the public health, welfare and safety of the community.
23. Any of the following:
    a. daily bath and deodorant
    b. teeth and breath
    c. clothes
    d. facial make-up
    e. hairstyle
    f. hands and nails
    g. jewelry
    h. shoes and stockings
24. Personality in the outward reflection of the inner being.
25. Up - in - up - flat

Quinmester Post Test Answer Sheet

Cosmetology-A Profitable Career for Men and Women

Bacteriology

1. Bacteria
2. Germs - microbes
3. a. Round
   b. Rod
   c. Corkscrew
   d. Bunches
   e. Chains
4. a. Cilia
   b. Pathogenic
   c. Spore
   d. Streptococci
   e. Non-pathogenic
5. a. Non-pathogenic
   b. Pathogenic
6. Pathogenic
7. a. a break in the skin
   b. breathing - (air, water, food)
   c. nose - (air)
   d. eyes and ears - (dirt)
8. Immunity
9. Natural
10. Staphylococci - streptococci

Quinmester Post Test Answer Sheet

Cosmetology-A Profitable Career for Men and Women

Bacteriology

1. d
2. g
3. i
4. a
5. c
6. j
7. h
8. e
9. f
10. b
11. True
12. True
13. True
14. False
15. True
16. False
17. False
18. False
19. True
20. False

Quinmester Post Test Answer Sheet

Cosmetology-A Profitable Career for Men and Women

Sterilization and Sanitation

1. Sanitized
2. a. sanitizing
   b. sanitizer
3. a. dry heat
   b. moist heat
   c. chemicals
   d. ultra violet ray
   e. vapors
4. May kill or retard the growth of bacteria
5. Destroys bacteria
6. Four chemicals from list in test-book
7. a. odorless
   b. colorless
   c. non-toxic
   d. stable-short disinfectant time
8. 1/2% sodium nitrate
9. a. 1 1/4
   b. 1
   c. 3/4
10. 37 - 40% - Formaldehyde
11. a. 1
    b. 1
    c. 8
    d. 16
    e. 32
    f. 64
12. a. sanitize
    b. disinfectant
    c. asepsis
    d. sepsis
    e. fumigant
13. Sterilization is the process of making an object germ-free.
14. Spatula
15. Any ten that are listed in the textbook.

Quinmester Post Test Answer Sheet

Cosmetology-A Profitable Career for Men and Women

Sterilization and Sanitation

1. False
2. True
3. True
4. True
5. False
6. True
7. False
8. False
9. True
10. False

Quinmester Post Test Answer Sheet

Cosmetology-A Profitable Career for Men and Women

Shampoos and Rinses

1. Cleanse
2. Soft
3. a. Chemical process
   b. Distillation
   c. Boiling
4. List taken from textbook
5. Cold
6. a. Prior to lightened hair
   b. Prior to tinted hair
   c. Prior to a permanent wave-scalp irritation
7. List taken from textbook
8. Luke warm
9. a. Eye
   b. Scratch
   c. Floor
   d. Skin
10. Leaving
11. Law
12. Under
13. Alkaline
14. a. Almond
   b. Peanut
   c. Coconut-olive
   d. Castor-palm
15. a. Lanoline
   b. Animal - synthetic organic
16. Normal
17. Dry shampoo
18. a. Lemon
   b. Citric
   c. Vinegar
19. Shampoo
20. Blue
21. Acid
22. Lemon
23. Yes

Quinmester Post Test Answer Sheet

Cosmetology-A Profitable Career for Men and Women

Basic Fingerwaving Construction

1. **Fingerwaving is the art of shaping the hair into waves with the aid of fingers and a comb.**
2. **with an applicator and distributed through the hair**
3. **natural**
4. **index**
5. **heavy**
6. **ridge**
7. **mechanical**
8. **hair styling**
9. **molding - hair shaped without a ridge**
   fingerwave - hair shaped with a definite ridge
10. **shaping**

Quinmester Post Test Answer Sheet

Cosmetology-A Profitable Career for Men and Women

Basic Hairstyling - PIN CURLING

1. Nape - Coarse
2. Straight
3. a. Base
   b. Stem
   c. Curls
4. Stem
5. Base
6. Circle
7. No - half - full
8. Closed - open
9. Open
10. a. Forward
    b. Reverse, backward
11. Clockwise
12. Counter-clockwise
13.
14. a. Triangle
    b. Rectangle
    c. Arc or "C" shape
    d. Square Base
15. Triangle
16. Open
17. Base - curl
18. Center
19. Curl
20.
21. Pivot - point
22. Tedture
23. a. Brushout curls
    b. General placement
    c. Teasing
    d. Finishing touches